



Sony MDR-X05 Headband Replacement

This guide shows how to remove the headband from the Sony MDR-X05.

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INTRODUCTION

The headband on the Sony MDRx05 may occasionally become uncomfortable or worn and need replacement. This guide shows how to replace this component.



TOOLS:

- [Phillips #0 Screwdriver](#) (1)
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Step 1 — Screws on the headband



- Look for the two screws under each side of the headband.
- ⓘ Be sure when finished unscrewing, keep screws in a safe place.

Step 2 — Remove band



- Since the screws are the only things keeping the headband connected to the headphones, simply pull them off and replace them.

To reassemble your device, follow these instructions in reverse order.